

United They Stand Tall and Slender . . . TOPS Club Aim--Take Off Pounds Sensibly

By MILDRED HUNT

A group of Torrance area housewives who do not want their names mentioned in print are organizing a local reducing club to take off pounds in a sensible manner. The idea first took shape when one of the women was watching a popular TV show on which a woman appeared who belonged to a club for reducing avoirdupois weight.

The slender lines of the lady appearing on the show, coupled with her former weight of 280 pounds proved to be an incentive for the local woman who is organizing the group. A letter was dispatched to the program to obtain the name of the club which has national membership. An answer has been received and the group is preparing to become affiliated by obtaining a charter.

There is no special reducing system followed nor is the group buying any commercial product. The entire program is based on diet and if a member wishes to add exercises that is up to her.

At club meetings which are held on Monday evenings, the members are weighed and measured as they arrive. A scrapbook is being prepared for pictures of each member taken when she starts as a member of the club. A picture of each member is to be added every three months to show what progress has been made in taking off excess poundage. No refreshments are served at the meetings.

Time spent at the meeting is taken up by discussing various recipes low in calorie content and presenting new tips to aid in staying with their diet. During the time between meetings, members are encouraged to call each other when they are tempted to stray from their diet. In this way, members can help build confidence in each other giving encouragement not to eat that

piece of cake or rich dessert they may have a yen for at the present time. Some of the members readily admit they have been on diets before but think that as a group, they are more likely to see it through until they have lost the necessary number of pounds. They were quick to inform this writer that when they have taken off enough weight to brag about, they would not resent having their names appear in print. Their main reason, they tell me, for reducing is to feel better and look better than that. Another angle is the fact that they can buy more suitable dresses when they have slimmed down to perhaps 100 or 105, or even in the middle 30s. Buying for the stylish stout is not what it has been cracked up to be.

What has doubled their efforts and given them more of an incentive than mere appearance is the fact that their husbands have taunted them by saying they didn't believe they could do it. Quoting the ladies, "We intend to show our husbands that we can do it," one of the women said with a snap to her eyes.



NO NAMES PLEASE . . . but this is the way it's done. They gather to study low calorie diets, prepare scrapbook of "before and after," refrain from refreshments, encourage each other to overcome temptations for tasty foods, and in-between meetings when the temptation is overpowering call a member for a chat. The purpose of this routine, of course, is to show friend husband "that it can be done."

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Grand Matron Pays Official Visit to Lomita Amaranth

Torrance Masonic Temple was filled to capacity Thursday evening, July 12, by Lomita Court officers, members and visitors, including many members of Grand Court, all present to honor Honored Lady Elizabeth T. Kemp, Grand Royal Matron of the Grand Court, Order of Amaranth, State of California, on her official visit.

Presiding officers, Honored Lady Gladys Mothersell, Royal Matron and Sir Knight Clyde Satterfield, royal patron, gave special escort to the Grand Royal Matron, who, gowned in a pink nylon net formal, with a corsage of orchids and Sir Knight Arnold Brinkmeier, Grand Associate Patron, entered under the swords of six honor guards.

Members of the Grand Royal Matrons, Grand family, escorted and presented were, Viola A. Maul, grand associate matron; Nina E. Cheney, grand associate conductress; Ada Ramsay, grand marshal in the west; David C. Brewer, grand warden; Edna Rae, district deputy grand royal matron; Pezli Manaffe, assistant grand lecturer.

For Lomita Court, Mattie A. Meyer, Ellen S. Atherton, L. L. Estella Desjardins, Ellen Barton, Lillian Gorlick, May McCormick, past grand royal matron.

Royal matrons escorted and presented were, Mary Ann Bird, Centinela; Marie Brewer, Golden Crown; Maude Brown, Hawthorne; Thelma Brown, Fidelity; Marion Corum, Fellowship; Billie McClintock, Palos Verdes; Margaret Smith, Maywood; and Bettie Willen, Wilshire; also five royal patrons, Edward Cammack, Fidelity; Arnold Cannon, Centinela; Glen Kelly, Redondo; Ernest McClintock, Palos Verdes; and Simon Willen, Wilshire. The royal patrons, with Grand Warden S. K. Brewer, were the honor guards for the grand royal matron. Honored by presentation from the Throne were 14 past royal matrons and three past royal patrons.

During the business session, the membership of the Court was increased by five, as regularly elected candidates were initiated into the order. Clyde Satterfield, Royal Patron, in the role of Master of Ceremonies, during "Good of the Order" complimented the officers. He introduced the honor guest who stated that the Order of Amaranth is increasing in membership throughout the state, attributing the increase to the friendliness of the members and to their enthusiasm in living the teachings of the order. She thanked the court for her gifts and gave her thanks to S. K. Brinkmeier for being her escort, in the absence of the Grand Royal Patron, S. K. Don Brown.

S. K. Brinkmeier, grand associate patron, expressed his appreciation. The royal patron then presented the royal matron, who welcomed all attending.

Mattie Meyer and Estella Desjardins were co-chairmen of the after-court festivities. They provided delicious refreshments and varied entertainment, one an adaptation of the widely publicized and current beauty contest, in which the Grand Royal Matron was named "Miss Oklahoma," for her home state. By acclamation, she was crowned "Miss Universe," Queen of the Amaranthian beauties.



THAT NEW "ROCK 'N ROLL" didn't throw these mothers as they entered the dance contest at the eighth graduation class party of Perry school, given at the Western club. The boys found out that their mothers, too, could trip the light fantastic. Pictured are finalists in the mother-son dance contest (left), Mrs. Howard Zook and Tommy Murphy; (center), Mrs. Kenneth McVey and son, David, and Mrs. Kenneth Clark and son, Jack. A buffet supper followed the dance, which was the first graduation party for eighth graders at Perry school.

YW Invites All To Attend Friday Event

Continuing their series of get acquainted picnic suppers followed by travel movies, the Torrance YWCA invites local residents especially, newcomers, to attend the affair planned for next Friday evening, July 27, at the YWCA building, 2320 W. Carson at 7. A film "We'll Go to Mexico and Guatemala" will be shown at 8 o'clock.

Those wishing to see the movie only are invited to do so. Reservations should be called into the YWCA by Wednesday, July 25.

Two more "travel nights" are planned. On Friday evening, Aug. 17, a film "Trip to the Orient" provided by the American President Lines will be shown and on Friday, Sept. 7, a tour of the Scandinavian countries will be shown provided by the Scandinavian Airlines.

TRENTON VACATION
Jay Delany, Herald Classified Advertising manager, and family left recently by plane to vacation in New Jersey. While there they will visit with Mr. and Mrs. George Walter, Mr. Delany's sister and family.

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Farewell Tea Tuesday for Mrs. Michel

The employed personnel committee of the Harbor Area YWCA will honor Mrs. Mary Michel, adult program director, at a farewell tea at the home of Mrs. Alfred Jorgensen, 1032 Paseo del Mar, San Pedro, on Tuesday, July 24, from 2 to 4 p.m.

"Friends of Mrs. Michel are invited to attend," Mrs. Alonzo Hurley, chairman of the employer personnel committee, states.

Mrs. Michel will be leaving this area by the middle of August to take up her duties as executive director of the YWCA in Amarillo, Tex., in September.

She has been a member of the staff of the Harbor Area YWCA assigned to work in the San Pedro branch since September 1953. Since coming to San Pedro she has been a member and an officer in the San Pedro Coordinating Council and has served on the Mental Health Board and the Advisory Committee of the San

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